

# **Grimes Parks & Recreation Department**

Telephone: (515) 986-2143

[www.grimesiowa.gov](http://www.grimesiowa.gov)



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## **Grades 3-4 Grimes Rec Basketball League Rules**

- 1. Scorekeepers, Facility Supervisor, and Officials staffed by the Grimes Parks and Rec. are on hand to supervise the program on Saturdays for games/practices.**
- 2. 9-Foot Baskets and 28.5 sized Grimes Rec Basketballs are used.**
- 3. Play full court but half court, man-to-man defense only. No zone/trap defense.**
- 4. Can only take ball away in the lane. Play defense with your feet- No reaching in and taking ball away. You can block a shot and steal a pass.**
- 5. Each team is allowed a 10-minute warm-up when game is over beforehand generally starting at 10 after the top of the hour. Jump ball starts the game, alternate possession after. Game consists of 2 20-minute halves with a 3-minute halftime. Running Clock. The clock stops during the last minute of the second half only & during time-outs/injuries unless score is more than 15 point spread.**
- 6. No Double Teaming unless in the lane. Refs are to call this. Help defense or switching is allowed as long as teammate recovers quickly back to their person.**
- 7. Everyone plays the same amount of time and sub every 5 minutes. No 3-point goals are counted.**
- 8. Free throw line is approx. 12 feet. Shooting fouls- one foul shot is shot for 2 points. On 10<sup>th</sup> team foul, same thing. Players can foul out at 5 fouls.**
- 9. Two timeouts allowed per half (approx. 30 seconds). If teams need another TO for resting purpose (if they only have 5 players), then refs will allow.**
- 10. Please make sure all players and coaches shake hands after the game is over.**
- 11. Score will be kept at all times. Coaches were asked to pull back on defense and offense if the game is more than 20 points.**
- 12. OT is Sudden Death (if time allows). Tip Ball and then first team to score wins.**

**SPORTSMANSHIP IS STRESSED AMONG PLAYERS, COACHES AND FANS.**